

Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SENIOR EVENTS

Coffee Talk

NEW!

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Senior Recreation Center

Ages: 55 Yrs +

5187 W 6/3 12:30 - 1:30 PM FREE

Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

Cowboy Chicken

5135 F 6/19 11:30 AM - 1 PM FREE

Pancake Breakfast

Flapjacks, sausage, and syrup! Fill your plate with hot, fresh, and delicious pancakes and more provided in part by Garnet Hill Rehabilitation and Skilled Care. Stick around for daily games and activities. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

5287 F 6/26 9:30 - 10:30 AM FREE

Lunch & Learn

Lunch while you listen! Learn useful information regarding various health and safety topics related to your generation. Enjoy a complimentary meal in a group setting during each learning session.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Robin Cruson, United Health Care

Senior Resources in Collin County

5515 W 6/17 11:30 AM - 12:30 PM FREE

Instructor: Winters Park Nursing and Rehab

Medication Side Effects

5290 M 6/29 11:30 AM - 12:30 PM FREE

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See staff for registration forms and monthly menu.

Senior Recreation Center

Ages: 60 Yrs +

M T W Th F 6/1 - 6/30 11 AM - 12 PM FREE

JUNE 2015

TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied! Bring money for lunch.

Ages: 55 Yrs +

The Rock

5159	Th	6/4	11 AM - 2 PM	FREE
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The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics and black and white favorites at the center, and travel with the group to visit some of the area's finest boutique theaters and historic cinemas throughout the season.

Ages: 55 Yrs +

At Senior Recreation Center

5184	Tu	6/9	10 AM - 3 PM	FREE
5276	Tu	6/23	10 AM - 3 PM	FREE

Fort Worth Water Gardens

The Water Gardens located in downtown Fort Worth are an architectural and engineering marvel with a variety of water features to enjoy. This relaxing urban plaza features the aerating, the quiet, and the active pool. Visit a shady sanctuary, relax, and unwind. Bring money for lunch.

Ages: 55 Yrs +

5283	Th	6/11	10 AM - 4 PM	\$5
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Granbury Day Trip

Travel to Granbury's historic district for a day of museum hopping and sightseeing. Attractions include visits to Yeats-Duke Working Museum and the Yeats log cabin from 1858. Look inside the famous Opera House, enjoy lunch on Lake Granbury's floating dock restaurant, and tour the Granbury Doll House Museum. Bring money for lunch.

Ages: 55 Yrs +

5282	Sa	6/20	9 AM - 5 PM	\$10
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Texas Theatre Tour

The historic Texas Theatre, a treasure of Oak Cliff since its opening in 1931 houses a rich history of owners and significant events in American history. Tour the theatre and learn about the early history and events leading up to the infamous arrest of Lee Harvey Oswald from inside the theatre. Bring money for lunch.

Ages: 55 Yrs +

5279	Th	6/25	11 AM - 4 PM	\$5
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,
RECREATION@WYLIENTEXAS.GOV
OR 972-442-8119
REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

OPEN

PLAY

Open Crafts

Bring a current project from home or start a new one! Stimulate your creativity and exercise fine motor skills with friends. Limited supplies will be provided.

Senior Recreation Center

Ages: 55 Yrs +

Tu 6/2 - 6/30 9 AM - 2 PM FREE

Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: PARD STAFF

MWF	12 - 3 PM	FREE
Sa	9 AM - 3 PM	FREE
Su	1 - 4 PM	FREE

Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M 6/8 - 6/29 10 AM - 12 PM FREE

Classic Hearts

Learn to play this classic card game with fellow Hearts enthusiast Hollis Stanbery. Basic rules and beginning instruction are available for new players or anyone needing a refresher course in keeping score, running cards, and strategizing to win!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Stanbery, Hollis

M 6/1 - 6/29 12:30 - 1:30 PM FREE

HAND & FOOT, Dominos, MAHJONG, FARKLE, Bingo, Ping Pong...



June 2015

SR CALENDAR

Sun	Mon	Tue	W
	1 8:00 AM Games 12:30—1:30 PM Classic Hearts	2 8:00 AM EXERCISE 9:00 AM Store Trip 9 AM - 2 PM Open Crafts	8:00 AM 9:45 AM 12:30 PM
7	8 8:00 AM Games 9:45 AM EXERCISE 10 AM—12 PM Triple Threat 12:30—1:30 PM Classic Hearts	9 8:00 AM EXERCISE 9 AM - 2 PM Open Crafts 10:00 AM The Reelers	8:00 AM 10 AM Senior 12:30 PM 1 - 3 PM V 2 - 3 PM
14	15 8:00 AM Games 9:45 AM EXERCISE 10 AM—12 PM Triple Threat 12:30—1:30 PM Classic Hearts	16 8:00 AM EXERCISE 9:00 AM Store Trip 9 AM - 2 PM Open Crafts	8:00 AM 9:45 AM 11:30 AM I 12:30 PM
21	22 8:00 AM Games 9:45 AM EXERCISE 10 AM—12 PM Triple Threat 12:30—1:30 PM Classic Hearts	23 8:00 AM EXERCISE 9 AM - 2 PM Open Crafts 10:00 AM The Reelers	8:00 AM 9:45 AM 12:30 PM 1 - 3 PM V 2 - 3 PM
28	29 8:00 AM Games 9:45 AM EXERCISE 10 AM—12 PM Triple Threat 11:30 AM Lunch & Learn 12:30—1:30 PM Classic Hearts	30 8:00 AM EXERCISE 9:00 AM Store Trip 9 AM - 2 PM Open Crafts	

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fe

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Wed	Thu	Fri	Sat
3 M Games M EXERCISE M Coffee Talk	4 8:00 AM Games 8:00 AM EXERCISE 1 - 3 PM Decoupage 11:00 AM Chow Critics	5 8:00 AM Games 9:45 AM EXERCISE 12:00 PM BINGO 2 - 3 PM Simple Spanish	6 9 - 10 AM Zumba Gold
10 M Games r Wellness Series I Library Trip Woodcarving Zumba Gold	11 8:00 AM Games 8:00 AM EXERCISE 10:00 AM Fort Worth Water Gardens	12 8:00 AM Games 9:45 AM EXERCISE 12:00 PM BINGO 2 - 3 PM Simple Spanish	13
17 M Games M EXERCISE Lunch & Learn Craft Corner	18 8:00 AM Games 8:00 AM EXERCISE 1 - 3 PM Decoupage	19 8:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO 2 - 3 PM Simple Spanish	20 9:00 AM Granbury Day Trip 9 - 10 AM Zumba Gold 10 AM - 12 PM Line Dance
24 M Games M EXERCISE I Library Trip Woodcarving Zumba Gold	25 8:00 AM Games 8:00 AM EXERCISE 11:00 AM Texas Theatre Tour	26 8:00 AM Games 9:30 AM Pancake Breakfast 12:00 PM BINGO 2 - 3 PM Simple Spanish	27

HOURS OF OPERATION

Monday - Friday 8 AM - 4 PM

Saturday 9 AM - 3 PM

Sunday 1 PM - 5 PM

es are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.

HEALTH & FITNESS

Group Exercise

Fit and fun low-impact exercise adapted to fit the needs of those with disabilities, poor balance, or have trouble standing on the floor to exercise. Instructor uses a variety of techniques such as resistance bands, arm weights, and chair exercise to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

5147	M W F	6/1 - 6/29	9:45 - 10:30 AM	FREE
5511	Tu Th	6/2 - 6/30	8 - 8:45 AM	FREE

Walk & Talk

NEW!

Walk your way to better health! Commit to group and personal goals to walk and talk 30 minutes three times a week. Let us help chart your walking progress. Enjoy the company, fresh air, and park setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5151	M W F	6/1 - 6/29	8 - 8:30 AM	FREE
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Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5155	Sa	6/6 - 6/20	9 - 10 AM	FREE
5508	W	6/10 - 6/24	2 - 3 PM	FREE

Senior Wellness Series

Stay informed on different health and safety topics that might be affecting you or a loved one. Group presentations on various topics include an informative session, resources for further study, as well as question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

National Safety Month

5294	W	6/10	10 - 11 AM	FREE
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Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing Improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5163	Sa	6/20	10 AM - 12 PM	FREE
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Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie's Community Park located outside the Sr Rec Center. Fitness area is available during business hours.

THE ARTS

Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures, tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5143 Th 6/4 - 6/18 1 - 3 PM FREE

Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica

5464 F 6/5 - 6/26 2 - 3 PM FREE

Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: PARD STAFF

5175 M 6/15 12 - 1 PM FREE

Woodcarving

Learn how to transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Gain basic tips and learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity and we provide the supplies.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

5139 W 6/10 - 6/24 1 - 3 PM FREE

Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Gibson, Stephanie

Clothes Pin Frame

5167 W 6/17 12:30 - 1:30 PM FREE

FAQs

HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p. 33 of the Activity Menu for more information on Sr Rec Center Refunds.

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

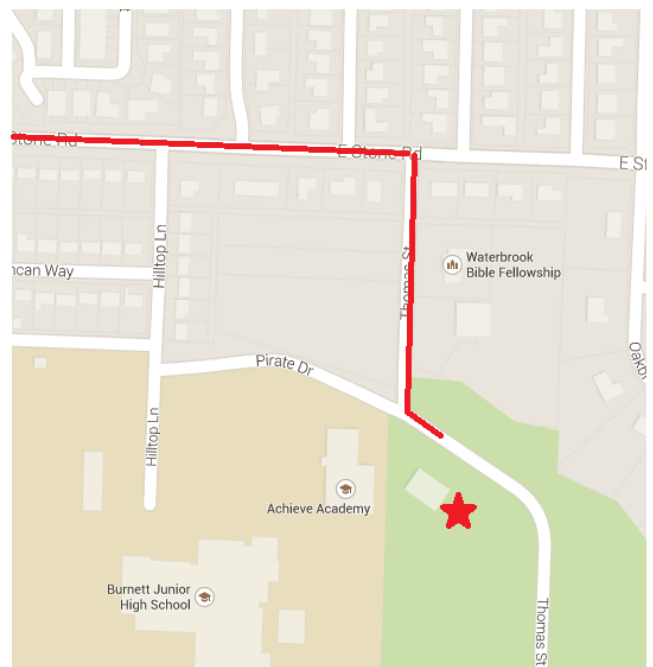
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

JUNE 2015